

Manhattan Clam Chowder

Makes: 9 servings

Try this hearty chowder full of carrots, tomatoes, potatoes, and clams that can be easily made in a slow cooker.

Ingredients

- 3 celery (stalks, medium - washed & sliced)
- 1 onion (large, chopped)
- 1/2 cup tomato puree (no salt added)
- 1 1/2 cups potatoes (sliced)
- 1 1/2 cups carrot (washed and sliced)
- 2 cans clams (6 1/2 ounces each, chopped, drained)
- 1 1/2 teaspoons thyme (dried)
- 1 bay leaf
- 2 dashes black peppercorns
- 1 1/2 cups water
- 2 cups tomato juice (no salt added)
- 1 tablespoon parsley flakes (dried)

Directions

1. Scrub potatoes well to remove any eyes or blemishes.
2. In a slow cooker, combine all ingredients; stir.

Nutrition Information	
Nutrients	Amount
Calories	90
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	N/A
Total Carbohydrate	N/A
Dietary Fiber	N/A
Total Sugars	N/A
Added Sugars included	N/A
Protein	N/A
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

3. Cover and cook on low for 8-10 hours or until the vegetables are tender.

4. Remove bay leaf and peppercorns before serving.

Source: Cornell University Cooperative Extension, Eat Smart New York!